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**The
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Leading the Conversation

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Men Feel Unprepared for Partner's Menopause Transition

New study highlights problem of lack of resources and education directed toward men to help them better support their partner's menopause transition

CLEVELAND, Ohio (October 20, 2026)—Volumes of research have been conducted to better understand how women experience menopause and deal with symptoms such as hot flashes, mood swings, sleep difficulty, and low libido. In reality, however, menopause affects the entire family. A new study sought to examine the male partners' experience of menopause. Results of the study will be presented at the 2026 Annual Meeting of The Menopause Society in San Diego, October 20-24, 2026.

Has anyone ever asked how men deal with menopause? The research dedicated to how male partners experience and respond to the menopause transition is quite slim. This fact is what prompted a new study designed to explore the effects of relationships, menopause knowledge, support-seeking behaviors, and educational needs among male partners in Canada and the United Kingdom.

Nearly 100 male partners of women experiencing or having experienced menopause were surveyed on everything from their knowledge of menopause to relationship effect, to communication, to support-seeking behaviors, and educational needs. To say that men often feel helpless and unprepared for the experience is an understatement.

Many participants wished to support their partners but felt underprepared. Among Canadian respondents answering the knowledge question, 68% reported knowing little or nothing about menopause before their partner's transition, whereas only 43% of respondents from the United Kingdom reported understanding menopause well enough to support their partner effectively.

Substantial unmet support needs were also identified. In the United Kingdom, 50% reported that men are not supported during their partner's menopause transition. In Canada, 88% had never sought support; however, 90% indicated that a support program would help or might help.

Overall, the research revealed four dominant themes: loss of intimacy and physical connection, desire to support partners while feeling underprepared, emotional distress and relationship strain, and lack of male-focused education and support resources.

"For years, we've talked about menopause as something that happens to women, but the reality is that women don't go through it in isolation," says Dr. Amobi Onumaeme, study author and founder of MyMenopauseGP, an evidence-informed menopause-education platform supporting women and the people around them, including male partners, families, and workplaces. "I see how it can affect relationships, families, and even the workplace. We've done a much better job of helping women understand menopause, but we haven't really brought men into the conversation. Most men want to

support the women they love; they just don't always understand what is happening or know what to do. I think it's time we changed that."

Details of the study will be discussed as part of the presentation, "The forgotten partner: cross-national survey findings on male partners' experiences, knowledge, and support needs during menopause."

"We often talk about how menopause effects a woman's life but, if the woman has a partner, it is truly a shared experience for the couple because of how menopause can alter relationship dynamics, affect sexual intimacy, and introduce unexpected relationship stress," says Dr. Stephanie Faubion, medical director for The Menopause Society. "It's not unusual for men to feel confused or frustrated when trying to deal with their partner's mood swings and irritability, as well as a sense of rejection caused by changes in sexual desire. Unfortunately, there aren't many reliable resources to help men navigate these changes."

For more information about menopause and healthy aging, visit www.menopause.org.

The Menopause Society is dedicated to empowering healthcare professionals and providing them with the tools and resources to improve the health of women during the menopause transition and beyond. As the leading authority on menopause since 1989, the nonprofit, multidisciplinary organization serves as the independent, evidence-based resource for healthcare professionals, researchers, the media, and the public and leads the conversation about improving women's health and healthcare experiences. To learn more, visit menopause.org.